



Life and Career 1 to 1 Coaching

Unlock your true potential





Step 1

- 1. ESTABLISH A BASELINE** – this will enable us to understand exactly what is going on in your life right now.
- a. During an initial 1-hour session, we will chat and explore where you are right now – what is going well or otherwise, where your challenges are.
 - b. In addition, to help with this we use an analytical tool called The GC Index. This gives us a deeper understanding of ‘self’ – what makes us tick, identify where we can thrive and operate at our best.
 - We will send you a link to a questionnaire – takes just 10 minutes to complete.
 - A report will be produced.
 - We will use this as the basis for our 2nd session.



Step 2

2. REVIEW & PLAN – with The GC Index profile in hand, together we will:

- Discover how you make an impact
 - Identify how to take advantage of your strengths
 - Perform at your best
 - Accelerate your career
 - Improve how you work in teams
 - Achieve a happier working life
- a. From here we will build a plan of action.
- b. It is really important to remember that this will be **YOUR** plan and not mine.
- c. As your coach, my role is to help fast track and underpin your progress, based on my experience, the knowledge I have gained and training I have undertaken:
- Helping you to decide the best route for you, given all the data we review together
 - Providing hints and tips to help you along the way and when you hit obstacles
 - Supporting you in holding yourself accountable (to yourself!).



Step 3

- 3. PROGRESS REVIEWS & FEEDBACK** – having established a plan, it is now up to you to decide how you wish to proceed. Should you decide that you require additional support, we can schedule further 45 mins sessions. These will provide a regular platform for us to review how you have been doing and discuss any challenges you have been facing. I will offer suggestions, information, hints and tips and ensure momentum and accountability, while reviewing previously agreed actions and setting new ones.
- a. I recognise that we all lead busy and often erratic lives and am happy to schedule the coaching sessions around mutually suitable times.
 - b. While some of my clients may be relatively local to me, meaning we can plan to meet in person, for those further away, I will mainly use Zoom to host virtual sessions.
 - c. I am also happy to provide additional ad-hoc support via WhatsApp and you will also be welcome to join my online communities.



Pricing Structure

1. Basic package:

- 1-hour initial baseline data gathering and briefing session
- The GC Index Profile Report
- 1-hour GC Index Profile review and planning session

BASIC PACKAGE COST: £350.00

2. On-going support:

- Additional 45-min progress review sessions charged at £90 per session
- Ad-hoc WhatsApp support - FOC



About Lucy Brown Consulting



Lucy Brown Consulting – Resilience and Well-being was founded in February 2020, after I left the corporate world of global IT companies, to focus on my passion – working with people to help **them** achieve **their** true potential, by **optimising their physical and mental** resilience and well-being – particularly when facing, or driving, **change**.



I take a **holistic view**, believing strongly that our physical and mental health and well-being are intrinsically linked – otherwise known as the **Gut-Brain Connection**. This is an area that I have studied extensively over the past 5+ yrs, qualifying as a Nutrition Network Advisor, being appointed as a PHC Ambassador and gaining accreditation as a GCologist/GC Partner.



In my Life and Career 1 to 1 Coaching practice, I work in **partnership with** my clients, helping **them** to uncover and explore their current situation, and use several **leading edge tools** for us to review the 'as-is', and identify how to achieve a better 'to-be'.



THANK-YOU!



Lucy Brown Consulting
Resilience and Well-being